NFL SEASON KICKS OFF

FIND OUT WHY ROOKIES ARE INFILTRATING STARTING LINEUPS PAGE 12

SASKATOON metro®

Wednesday, September 5, 2012

News worth sharing.

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Provincial NDP sets stage for leadership race

March 2013 vote.
Thirteen debates across Saskatchewan will give candidates a chance to impress party members

ROB BROWN
Metro in Regina

Saskatchewan's New Democrats say whoever is elected to lead the party will first have to run a gauntlet of debates.

The party announced Tuesday there will be 13 candidate debates held in cities throughout Saskatchewan, beginning Nov. 17 in Regina and concluding Feb. 16, 2013, in Saskatoon.

Deb Higgins, chair of the party's leadership contest committee, said while no one has officially declared their intention to run as of yet, the debate schedule is set and it's an ambitious one.

She added that the moment has come for the party to start looking forward and to change with the times. "We have to be broader — perhaps it is time to look a little younger," said Higgins.

Erin Weir, a 30-year-old economist, attended Tuesday's announcement in Regina to learn about what the leadership committee had in store for candidates. He said a candidate's age should not be what voters focus on. "Public policy is more important," said Weir.

The new leader will be chosen at a live-streamed convention on March 9, 2013.

Prospective voters must be card-carrying members of the party six weeks prior to that date. They will then have the option of voting in advance, or by phone or Internet during the convention.

2009 membership scandal

- Scandal surrounded the party's 2009 leadership campaign when a volunteer signed up 1,100 band members of the Flying Dust and Waterhen Lake First Nations for NDP memberships without their knowledge.
- "We have tightened up on rules of membership," said Deb Higgins, chair of the party's leadership contest committee. Candidates can formally register with the party and will be given access to membership lists.

Erin Weir, 30, a potential leadership candidate for the Saskatchewan NDP, attended a party announcement Tuesday in Regina. The party outlined a series of debates for leadership hopefuls that will take place throughout the fall and into 2013. ROB BROWN/METRO

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NEWS 1

CCMAs celebrate spirit of country music in Saskatoon

CCMAs. Awards about connecting fans with the artists: Organizer

JANE CAULFIELD
jane.caulfield@metronews.ca

From small, acoustic performances to the nearly sold-out awards ceremonies, the public events during Canadian Country Music Week are about celebrating the spirit.

It's a spirit that Brandi Mills, manager of operations for the CCMAs, says is about bringing fans and artists together through music.

The public events "are an opportunity for our artists to engage with fans," said Mills. "It's really like a meet-and-greet."

Mills says hosting the CCMAs in a new city every year allows country music fans from across the country to connect with the artists they love, all at one time.

She adds that public events are a great way for artists to increase their exposure and network.

"It's also about the opportunities to meet other performers and develop relationships that can lead to future co-writes and sharing ideas about the creative process," said Mills.

Follow Jane Caulfield on Twitter @janecaulfield

Details

Eight public events are taking place between Sept. 6 and 9.

- These include multiple songwriter cafés, a rock 'n' roll cabaret, and an open-mic night.
- The main fan attraction is on Saturday at FanFest, which includes autograph-signing and performances from top Canadian country musicians.
- For information about each event or how to purchase tickets, check out ccmas.org.

Musicians Deric Ruttan, left, Charlie Major and Chad Brownlee sign autographs for happy fans at the 2011 CCMAs' FanFest in Hamilton, Ont. CONTRIBUTED/GRANT W. MARTIN

Saskatchewan author long-listed for Giller Prize

C.S. Richardson was one of 13 authors long-listed for the Scotiabank Giller Prize for his book, The Emperor of Paris. CONTRIBUTED

One of Saskatchewan's own has been placed on the long-list for one of Canada's most prestigious literary awards, the Scotiabank Giller Prize.

Born in Regina, C.S. Richardson was among 13 finalists announced on Tuesday.

"It's a little shattering and befuddling, but it's a fantastic day," said Richardson, who resides in Toronto.

"You work very hard for a long, long time to put together — hopefully — the best story you can or the best novel you can," he said.

"And to have people who have no more vested interest than good writing … to say you are worthy to be on a short-list or a long-list or any kind of list — it's like a wild dream come true."

Acclaim

- This is the second time Richardson has been acknowledged for his writing.
- In 2008 he won the Commonwealth Writers' Prize for Best First Book, Canada & the Caribbean, for his novel The End of the Alphabet.

Richardson, who works as vice-president and creative director at Random House Canada, said although he has not resided in Saskatchewan for a number of years, he still considers the Prairies an important place.

"I'll wave the Saskatchewan flag anytime I can," he said.

"It's been a long time since I lived in Saskatchewan, but my roots are there. My father's family were all from there, it's where I was born and it's where I spent most of my boyhood."

MORGAN MODJESKI/METRO

Mobile news

And so the Democratic National Convention begins. Scan the code to find out what first lady Michelle Obama had to say on Day 1 of the event.

Based in Craik

Mountie airlifted to Regina hospital after cruiser crash

A Saskatchewan RCMP officer is in hospital after his cruiser went into a ditch and then rolled several times.

Mounties will not say how serious his injuries are, only that assistance is being provided to his family and fellow officers at his detachment "during this difficult time."

The 35-year-old constable with three years of service is based in Craik, about 120 kilometres northwest of Regina.

He was called to help other officers with a domestic disturbance Sunday night when he lost control of the vehicle. THE CANADIAN PRESS

Claims ex-PM is father

'Diefenbaby' won't have lock of ex-PM's hair tested for DNA

A Toronto man who believes John Diefenbaker may have been his father thinks there's no point testing a recently discovered lock of the former prime minister's hair.

The Diefenbaker Canada Centre announced last week that during renovations it found hair labelled as belonging to Canada's 13th prime minister.

But George Dryden says the hair is useless for DNA testing because it was cut and has no roots attached.

The museum has invited Dryden to have it tested, but he says it's a waste of time.

Dryden earlier hired a company to conduct DNA tests on a few artifacts at the centre, but the results were inconclusive.

Dryden, who bears a strong resemblance to the former Conservative leader, claims his mother had an affair with the prime minister in the 1960s.

THE CANADIAN PRESS

For more local news visit metronews.ca

Parti Québécois claims power after voters cast their ballots

Quebec election. But less-than-stellar results leave party with awkward prospect of heading minority government

The Parti Québécois is celebrating a return to power after nine years in opposition, but its parade has been dampened by a weaker-than-desired result that could severely limit its ability to pursue its independence agenda.

The party has never governed with a minority in its history and, therefore, has never faced the challenge of tabling an inaugural speech — or any other confidence measures — with the support of other parties that oppose its agenda.

One factor could help resurrect the independence program: It was unclear whether the final seat numbers would ultimately leave another pro-independence party, the smaller and more left-wing Québec solidaire, with the balance of power.

The PQ won or was leading in about 56 ridings in Tuesday's election, shy of the 63 needed for a majority in the 125-seat legislature. Québec solidaire won two seats.

Barring a late surprise the PQ could now face an awkward balancing act — pleasing its ardently pro-independence base while getting parliamentary backing from other parties.

The governing Liberals had a far better than expected result and were leading or elected in about 48 ridings, holding on to official Opposition status and staving off the electoral annihilation many had predicted. The newly formed Coalition party had a disappointing night, winning or leading in about 19 ridings. THE CANADIAN PRESS

Charest gets the boot

- Liberal Premier Jean Charest lost his own riding of Sherbrooke. It's unknown whether he'll stay on to lead his party, or how his party will vote in the legislature without a leader there.

Online

For full election results visit metronews.ca

Parti Québécois supporters cheer as election results are announced in Montreal on Tuesday. GRAHAM HUGHES/THE CANADIAN PRESS

Time to ditch spanking law, says CMA Journal

The Canadian Medical Association Journal says it's time to do away with the Criminal Code's so-called spanking law.

A strongly worded editorial in the journal Tuesday calls for the repeal of Section 43 of the Criminal Code, which gives parents and teachers a legal defence when they physically discipline children.

"It is time for Canada to remove this anachronistic excuse for poor parenting from the statute book," editor-in-chief John Fletcher wrote in a signed editorial.

The editorial will likely reignite debate on a controversial topic that has inflamed opinion for decades.

The Supreme Court of Canada upheld the Criminal Code provision by a 6-3 margin in a landmark 2004 ruling.

The high court ruled that the provision did not infringe a child's right to security of the person under the Charter of Rights and Freedoms and does not constitute cruel and unusual punishment.

Several private members' bills to ban corporal punishment have failed in the House of Commons and Senate, most recently in 2008.

In the editorial, Fletcher argues that parents need to be educated on how to discipline their children.

He said the Criminal Code needs to be amended because it tells parents that physical punishment is an acceptable way to discipline children.

"Although it is not necessary to make spanking a crime to encourage alternative approaches to parenting, Section 43 of the Criminal Code of Canada sends the wrong message, stating, 'A parent is justified in using force by way of correction ... if the force does not exceed what is reasonable under the circumstances.'" THE CANADIAN PRESS

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A SWEET DEBACLE THAT'S LEFT N.Y.C. THIRSTY FOR ANSWERS

JUST SAYIN'
Paul Sullivan
metronews.ca

There's battle lines being drawn
Nobody's right if everybody's wrong…
Buffalo Springfield — For What It's Worth

The battle lines are indeed being drawn in New York City in advance of the vote to ban big sugary drinks in the Big Apple, set for Sept. 13.

Weight Watchers, Jenny Craig, the South Beach Diet, etc., are all lining up alongside Mayor Michael Bloomberg, who wants to make it illegal to sell any sugary drink larger than 16 ounces, or, as we like to say here in Canada, 475 millilitres.

On the other side: New Yorkers for Beverage Choices, which enlists more than 2,000 businesses and a quarter of a million people. According to the New York Times, six in 10 New Yawkahs oppose the ban.

Not your sugar daddy

As with every other discussion in the U.S., the battle lines are drawn around individual freedom. You either have the freedom to drink your face off and court obesity, diabetes, heart disease and cancer, or you don't.

Of course, you could just buy X number of 16-ounce beverages and thwart the mayor's evil scheme, but nothing says convenience like a two-litre Double Gulp, especially after all those salty fries and triple-decker cheese-and-bacon burgers.

As with every other discussion in the U.S., the battle lines are drawn around individual freedom. You either have the freedom to drink your face off and court obesity, diabetes, heart disease and cancer, or you don't.

New York's mayor argues that you don't, and is supported by the fact that the city faces an annual $4-billion US price tag to handle the health problems of the obese.

The other guys say this is just the thin edge of the wedge and do you really want the government telling you what and how much to eat and drink? As someone who just spent a day at the PNE (Pacific National Exhibition) and managed to resist deep-fried Wagon Wheels and Mars bars, but stumbled over those cinnamon- and sugar-encrusted mini-doughnuts, it's hard to disagree.

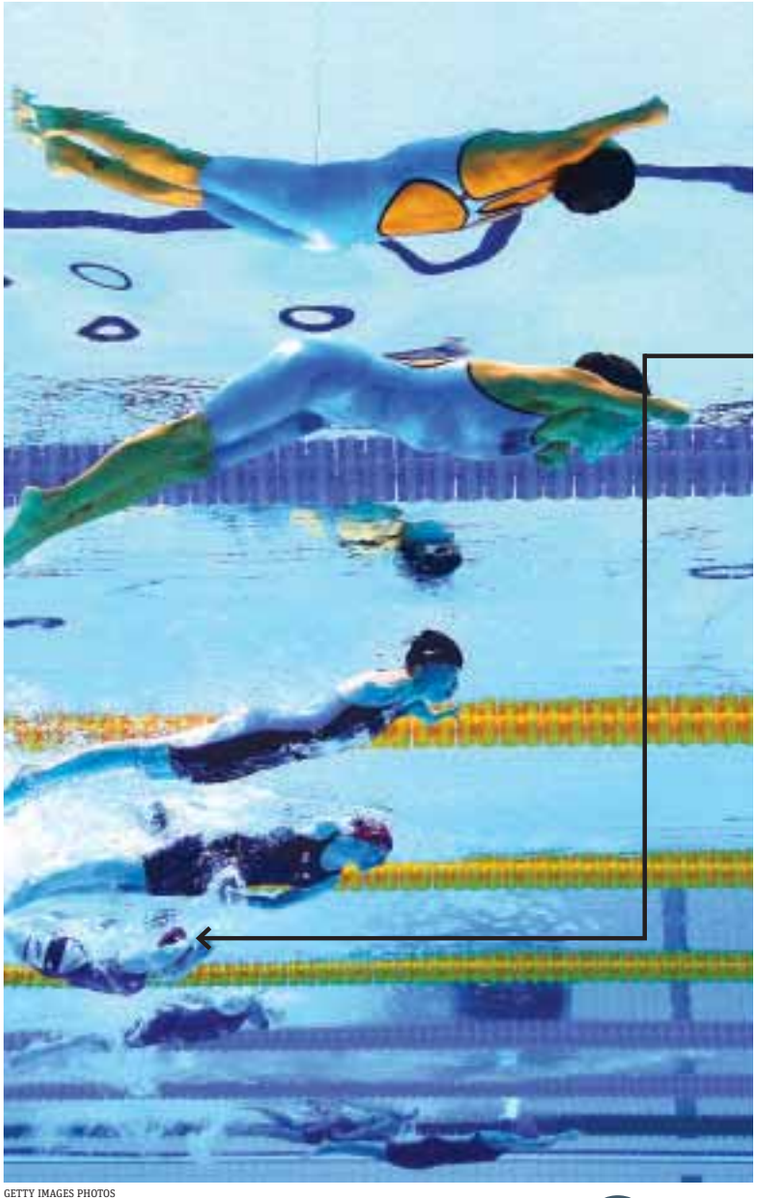
Where do you draw the line? Most of us are in favour of a balanced diet, but the diet and nutrition neighbourhood is not a safe place for moderates these days. Everything except lentils is bad for you, and you can bet there's someone who can prove beyond a doubt that lentils cause cataracts, chancre sores and/or cancer. If Bloomberg can get big sugary drinks banned, what about those nasty lentils?

Still, more than one-third of U.S. adults (35.7 per cent) and 17 per cent of children and adolescents aged two to 19 years are obese. (The number is a little better in Canada — 23 per cent of adults.) Not "a little pudgy" or "could afford to lose a few pounds." Obese. And the crazy thing is we have the cure, which can be summarized in two words: Eat less.

Sometimes in the war of words, less is more.

A man protests against New York City Mayor Michael Bloomberg's proposal to ban sugary soft drinks over 16 ounces (475 millilitres). GETTY IMAGES FILE

Can you spot the Piranha?



GETTY IMAGES PHOTOS

Paralympic sensation

Swim won in record time

This glorious image shows Paralympic swimmers taking off in the 200-metre medley SM6 category.

This race is for athletes who have lost limbs, have co-ordination problems or are considered dwarfs. It was won by British swimmer Eleanor (the Piranha) Simmonds — who suffers with dwarfism — in world-record time. It was the fourth Paralympic gold for the 17-year-old. METRO

The Piranha poses with her gold.

Underwater Olympic cam

- The L2012 camera races with the swimmers, and even tweets at the same time.

Streaking ahead

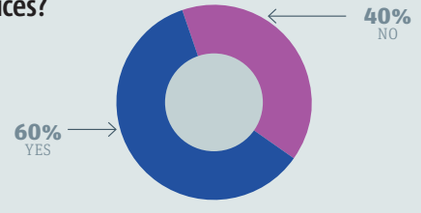
9

Simmonds finished the race nine seconds ahead of Germany's Verena Schott, who took silver, with another Briton, Natalie Jones, taking bronze. Simmonds set a new world-record time of 3:05:39.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should the government regulate gas prices?



Twitter

@Fauxhubris:
The name of my fantasy football team is the Saskatoon Scrimshaws, if you were wondering.

@rbanow:
@yukonblonde at Amigo's tonight in Saskatoon. I hope to see you there!

@KaytheAquanaut:
Can anyone suggest a good coffee spot on 2nd avenue.. #Saskatoon I need a new coffee spot in the new hood.

@pclothespress:
You'd be wise to never put me in charge of anything except your muffin needs.

@dummy306:
Talkin bout 'the wife', 'the kids', 'the house'. Dudes 25 going on 40. Makes me grateful I'm 29 and single still gettin in my me time. #rad

@jeffdotca:
Who's buying an iPhone 5 regardless of specs?

metro
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TV ruled Canadian households in 2011: CRTC report

Broadcasting. Traditional media remain solid despite more online options, wireless devices

Canadians' love affair with television programs remains undiminished, despite the proliferation of new online and wireless platforms that were supposed to threaten traditional media.

The CRTC's new report on the communications industry shows Canadians watched an average of 28.5 hours of TV last year, up 30 minutes from 2010, even though they had more media choices than ever before.

In fact, Canadians increased their TV program viewing even more — if the 2.8 hours spent watching television shows online is included.

Radio listening was also up only more moderately, from 17.6 to 17.7 hours a week.

"The fact that they are spending more time watching or listening to programming is good news for Canadian creators," said Jean-Pierre Blais, chairman of the Canadian Radio-television and Telecommunications Commission, in the annual report from the federal regulator.

It's also good news for communications companies.

Broadcast revenues climbed 5.5 per cent to $16.6 billion from 2010, and revenues from telecommunications services increased by 2.5 per cent to $42.7 billion. On average, consumers spent an average of $180 a month on services.

Overall, the communications industry accounted for about 4.6 per cent of Canada's gross domestic product in 2011.

The growth in the traditional media occurred even though, as the report shows, Canadians were expanding their use of computers and wireless devices, such as smartphones.

By the end of 2011, 78 per cent of 13.4 million households had an Internet connection, and Canadians continued to migrate to faster services.

THE CANADIAN PRESS

Cable nation

There was a six per cent spike, to 27.4 million, in the number of Canadians subscribed to wireless services.

- Meanwhile, 2.2 per cent more Canadians subscribed to basic television services, representing about 90 per cent of the population.
- The only loser was home phone subscriptions, which fell 2.7 per cent to 12.2 million in 2011, continuing a trend.

Iron Lady's wool suits sold

The turquoise wool suit, left, that former British prime minister Margaret Thatcher wore on the day she was confirmed as Conservative Party leader sold at auction for 25,000 pounds ($39,670 US) on Monday. Separately, a buyer in South Korea snagged six other striking outfits on auction, all of which were worn by Thatcher in the 1970s before she became prime minister. In total, the outfits fetched a little more than 73,000 pounds — far exceeding the initial estimates of 1,000 to 1,500 pounds for each outfit. SANG TAN/THE ASSOCIATED PRESS FILE

South Africa

Buffalo breeder nets $3.25M

A young buffalo bull with massive bowed horns sold at auction for a record 26 million rand ($3.25 million US), the South African Stud Breeders' Association said Tuesday.

Owner Jacques Malan said the almost five-year-old bull called Horizon has horns measuring 130.5 centimetres long and a boss, or horn base, nearly 41 centimetres wide — a South African record for an animal that age. The association, which did not identify the new owner, said the buffalo is the most expensive wild animal ever sold in South Africa, the leading breeder on the continent. THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.44¢ US (-0.01¢)

TSX
11,941.7 (-7.56)

OIL
$95.30 US (-$1.17¢)

GOLD
$1,696 US (+$8.40)

Natural gas: $2.85 US (+5¢)
Dow Jones: 13,035.94 (-54.9)

SCENE 2

Bradley Cooper stars in The Words, a film directed by his best friend Brian Klugman. HANDOUT

Cooper complicated in The Words

New film. Multi-layered flick follows a struggling writer's rise to fame and how he deals with decisions

NED EHRBAR
Metro World News

For Bradley Cooper, signing on to star in The Words — co-written and co-directed by his childhood best friend, Brian Klugman — was a no-brainer. But that doesn't mean he was entirely comfortable actually playing Rory Jansen, a struggling writer who discovers a lost manuscript and passes it off as his own, leading to overnight literary success.

"I was very scared that I was going to fail (Klugman and co-director/co-writer Lee Sternthal) when they asked me to do it," Cooper admits. "I said yes because I would do anything for them. Brian is my best buddy. It was a week before shooting, I was reading the script one last time, and he knew I was worried that I really didn't get Rory."

The multi-layered film follows Rory's rise to fame, his wife (Zoe Saldana) supporting him all the way while also telling the story recounted in the lost manuscript, a tragic love story set in post-Second World War Paris between a young American GI (Ben Barnes) and French woman (Nora Arnezeder). Framing all of that is an established author (Dennis Quaid) re-telling the entire tale, with a very interested listener (Olivia Wilde) pressing him for more details. The film itself gave Cooper a kind of thrill he hasn't necessarily gotten in a while and it "got me to places I didn't know I could get to," he says.

Quote

"It's much more complicated then a plagiarist who wants success."

Bradley Cooper
Talking about his character Rory Jansen

While the act of plagiarism at the heart of the plot may be tough for audiences to sympathize with, Cooper found a way of understanding Rory's decision.

"It's much more complicated then a plagiarist who wants success. His goal is not to be a famous writer. His goal is to meet the expectations he has of himself," Cooper explains. "I don't see Rory as a slime-bag at all. I see him as a man who's not really a man and grappling with what it is to be a man. I think his Achilles heel is his impatience, and the thing I really liked about the script and the hook for me was the fact that he actually is a good writer. He's not a poor writer who's just looking for any way to get success, but he's just so preoccupied with living up to some idea who he thinks she should be. That's his fatal flaw."

Rory suffers his fair share of rejection before stumbling upon the words that will make him famous, and Cooper himself admits he's no stranger to rejection as an actor — in fact, in his early days he was a little too used to it.

"When I first started auditioning, I didn't realize — and I'm not even kidding — that you actually could book a job," he says. "I still remember when I booked Sex and the City, I was actually very frightened because I had to actually do the job. I didn't really understand that concept. I was like, 'What do you mean, it's not a videotape in a room? We're actually going to be on the street, with Sarah Jessica Parker?' I came at it from another side where rejection was normal and getting it was odd."

Struggling writers a common movie theme

Familiar role. Bradley Cooper takes on a character that many have tried to capture before

RICHARD CROUSE
scene@metronews.ca

It should come as no surprise that there are dozens, if not hundreds of movies about writers. After all, who is coming up with the ideas for these movies? Writers! The very people who put pen to paper, or fingers to keyboards, and come up with the ideas that are the building blocks of film.

This weekend The Words, starring Bradley Cooper, Denis Quaid and Zoe Saldana, is the latest movie to explore the process of putting words in the right order.

Woody Allen has featured writers in many of his movies — Meryl Streep plays a writer in Manhattan, in Midnight in Paris Owen Wilson portrays a screenwriter visiting Paris — but Deconstructing Harry features his most vivid portrayal of a tormented author. Woody plays a novelist with writer's block whose characters come back to haunt him.

"I'm a guy who can't function well in life but can in art," he says.

David Cronenberg's Naked Lunch is probably the most hallucinatory look at the writing process ever put on film. How strange is it? Typewriters turn into bugs, that's how weird it is.

To get into the character of Hunter S. Thompson for Where the Buffalo Roam, Bill Murray hung out with the Gonzo journalist. In preparation for Fear and Loathing in Las Vegas, Johnny Depp did the same thing, which led to a friendship that lasted until the writer's death. "He knew I worshiped him," said Depp, "and I know that he loved me, so he may have been part father figure, part mentor, but I'd say the closest thing is brothers. We were like brothers."

Other Allen stuff

Woody Allen's other writer role.

- **Movie history.** Allen also played a writer in The Front, a movie about a talentless hack who "fronted" for blacklisted writers. Allen's performance, however, is overshadowed by Zero Mostel as an out-of-work comic in this savage indictment of the McCarthy witch-hunt.

Hunter S. Thompson.
FRAZER HARRISON/GETTY IMAGES

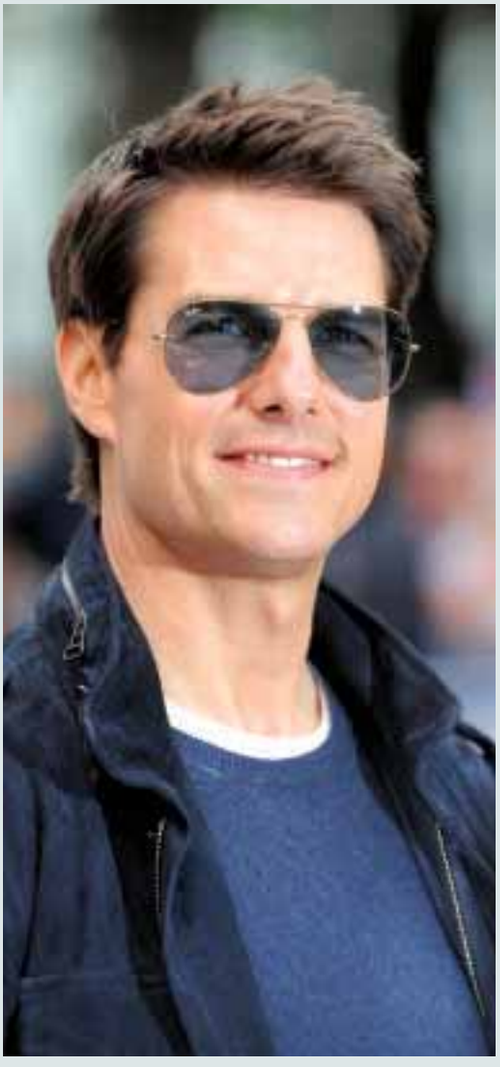
On the web

Former football star Michael Strahan becomes Kelly Ripa's co-host of morning TV show

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Cruise too good for OKCupid

THE WORD
Monica Weymouth
scene@metronews.ca

Although Tom Cruise's reps have dismissed Vanity Fair's latest cover story as "lies designed to sell magazines," writer and director Paul Haggis has come out in support of the article, which alleges that the Church of Scientology acts as Cruise's creepy personal dating service.

In a letter to entertainment website Showbiz 411, Haggis, a former Scientologist, confirms that the church thoroughly vetted Iranian actress Nazanin Boniadi in 2005, then ostracized and humiliated her when she wasn't deemed a suitable wife for the actor.

"I was deeply disturbed by how the highest-ranking members of a church could so easily justify using one of their members; how they so callously punished her and then so effectively silenced her when it was done," Haggis writes.

"It wasn't just the threats; they actually made her feel ashamed, when all she had been was human and trusting."

We're not sure what's so wrong with trusting, but human? Definite Cruise dealbreaker.

Minka Kelly

Minka Kelly rekindling romance with Human Torch

Avengers star Chris Evans and Minka Kelly have reportedly begun dating again, rekindling their romance that flickered briefly in 2007, according to Us Weekly.

"She did a number on him back then," a source says. "But she reached out to Chris this time." In the meantime, the actress dated New York Yankees star Derek Jeter from 2008 to 2011.

While the pair have reportedly been hitting the town in Boston and New York in the past month, Evans' friends hope he takes it slow: "He's still a little insecure, so he's being cautious," a pal tells the magazine.

More ink for Biebs

Justin Bieber's tattoo addiction continues, as the 18-year-old singer debuted his latest work, a small crown on his chest, in a shirtless photo on Twitter. Bieber's other numerous tattoos include a portrait of Jesus on one leg and a pair of praying hands on the other, the Hebrew word for Jesus on his rib cage and the word "believe" on his forearm. The crown marks Bieber's seventh tattoo. He also took the chance to tease himself for posting so many topless photos of himself on Twitter, writing, "I'm thinking to myself 'wow really justin 3 shirtless pics in 3 days' who do I think I am a young [Mark Wahlberg]?"

Justin Bieber

Twitter

@kevinbacon
Me and my boy don't often do the suit and tie thing but weddings are a chance to dapper up!

@SandraBernhard
in lieu of shabbat i'll be listening to bon jovi's living on a prayer.

@JerrySeinfeld
Gotta go..

@SarahKSilverman
Gonna see what comes up when I google "Hitler fan fiction" Stand by

Michael Jackson

Jackson was a 'mess' during tour preparations

Michael Jackson was reportedly a mess during preparations for his This Is It tour in the weeks leading up to his death, according to 250 pages of emails between executives for AEG, the tour's backer, obtained by the L.A. Times. "MJ is locked in his room drunk and despondent," AEG's Randy Phillips writes. "I [am] trying to sober him up." Phillips' attempts to get the singer to work apparently didn't go well: "I screamed at him so loud the walls are shaking," he writes. "He is an emotionally paralyzed mess riddled with self-loathing and doubt now that it is show time."

It's easier to cycle across Canada than live with cancer.
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LIFE 3

Sure, the unofficial end of summer has passed but that doesn't mean you aren't still dreaming of a little beach time. You don't have to be a Hollywood megastar to vacation on your own private island. For the price of a night in a four star hotel, or less, you can live like Branson.

EMMA E FORREST
travel@metronews.ca

5 private islands

1 Wilson Island, Australia

Where? Great Barrier Reef, Queensland, Australia
What? This tiny tropical coral dot of sand in the Great Barrier Reef is probably the most romantic campsite in the world, with six luxury tents placed steps away from silvery sands that melt into the azure sea where you can explore a whole reef full of colourful marine life. Spend all day languishing in a hammock, go snorkeling or kayaking and by night compare notes over a moonlit dinner of fresh fish in the communal dining area.
For how many? 12
Exclusive rental? From $391 each per night, including all meals and drinks. wilsonisland.com.au, Book through tailor-made.co.uk.

2 Fort Clonque

Where? Alderney, Channel Islands, United Kingdom
What? If you're looking for character in your private island then this pocket-sized historic fortress is a great one, linked by a causeway to the island of Alderney in the Channel Islands, about 24 km from the north-eastern tip of France. Fort Clonque was built on a group of rocks just off Alderney in the mid-19th Century and discovered by Hitler in 1940 who refortified it with a vast casement for a huge gun, which was transformed into an elegant bedroom when it was refurbished in the late 1960s.
For how many? 13
Exclusive rental? $1,000 for four nights self-catering. landmarktrust.org.uk

3 Fowl Quay, Bahamas

Where? Exumas, Bahamas
What? Make like Johnny Depp with your own private Bahamas island hideaway. This 50-acre family-owned retreat has six luxury one-, two- and three-bedroom ocean-facing villas each with amazing views over the crystalline azure sea, and their own motorboat to explore it with. Book the island exclusively and you can loaf on a different secluded silvery beach each day, snorkel in the local reef and sip cocktails. Tuck into picnics or enjoy moonlit fresh-seafood dinners made by the island chef. Or prep your own meals — each villa's kitchen is stocked.
For how many? 26
Exclusive rental? $450 each per night including international flights to Nassau, all meals, drinks, watersports, personal motorboat and golf cart. fowl-cay.co.uk.

4 Orca Island, USA

Where? Humpy Cove, Resurrection Bay, Alaska
What? Come to this pristine corner of Alaska for a serious digital detox and commune with nature: this place is off-grid, so there's no mobile phone signal and each of the five cabins here is solar-powered. You're far from roughing it, though. Each self-catering cabin has a bathroom, luxurious queen bedroom and kitchen. There's even a barbecue on the deck, so you can cook freshly-caught salmon while you look out for local sea lions, puffins, seals and migratory whales. Spend your days kayaking, hiking, fishing or just chilling out in this Alaskan wilderness.
For how many? 20
Exclusive rental? From $176 each per night including lodging, water taxi to the property, unlimited use of kayaks, row-boat and fishing gear. orcaislandcabins.com

5 Ariara, Philippines

Where? Calamian Islands, Palawan, Philippines, 250 km South-West of Manilla.
What? This unspoiled 125-acre tropical island is run like the millionaire's retreat that it is. Hire it exclusively and you'll stay in this luxurious haven with 30 members of staff including a manager to keep things running smoothly, a PADI Dive Instructor to take you swimming with turtles and a personal chef to cook you lobster fresh from the sea. Spend days drinking cocktails on the silky white sand beach, snack on fruit picked on the island, snorkel in your own private protected reef or use some of the watersports toys. **For how many?** 18
Exclusive rental? From $295 each per night low season for a group of 15 to 18 guests including all meals, and two dives per person. ariaraisland.com dresortgrenadines.com

On the web

Lincoln Memorial reflecting pool in Washington has reopened after 2-year, $34M reconstruction

The sound of music, in B.C. wine country

Growing concert scene. Musicians and fans are learning there's nothing better than a pretty venue and a glass of wine

Chantal Kreviazuk performed at Cedar Creek Estate Winery in Kelowna, B.C., in August. HANDOUT, THE CANADIAN PRESS

When the president of Cedar Creek Estate Winery first started hosting concerts at his Okanagan vineyard and inviting musicians to perform there nine summers ago, many prominent Canadian artists wouldn't give him the time of day.

After all, a 350-seat venue — a pavilion under the open sky and surrounded by rows upon rows of lush green grape vines, no less — hardly seemed like an attractive offer to the agents of singers such as award-winning Canadian singer-songwriter Chantal Kreviazuk, who is used to performing at larger venues, said Gordon Fitzpatrick.

"The first concert we did, we didn't even have chairs, people brought blankets," he said, laughing. "My son, who wasn't very old at the time, still hasn't forgiven me . . . the band was a bunch of middle-aged women with harps."

Cedar Creek has come a long way since that summer, when Fitzpatrick decided he wanted to follow the footsteps of wineries in Washington state and in California's Napa Valley and start offering concerts, too.

Over the years, he has hosted Jim Cuddy of Blue Rodeo three times, and Chantal Kreviazuk performed this summer at the winery's pavilion for the second time. This year's Polaris Music Prize nominee Kathleen Edwards was also a guest a few years ago.

It was the exquisite wine offerings, the stunning Okanagan scenery, summer weather and the intimate and interactive venue that convinced them all to come, said Fitzpatrick.

Those same elements, plus the relaxing atmosphere, the romantic ambience and great music, are also drawing plenty of locals and tourists to British Columbia's wine country every year. "You can imagine a glass of Cedar Creek Pinot gris in one hand, and listening to Chantal Kreviazuk, it makes for a very memorable evening," Fitzpatrick said.

Every year the winery hosts several concerts in the summer, and all proceeds go to Kelowna's Rotary Centre for the Performing Arts.

Fitzpatrick says concert tickets, which range from $50 to $95 each, tend to sell out within two or three days. Wine sales also go up significantly during performance days.

"We do $5,000 or $6,000 worth of business on a regular week day at the winery during the summer," he said.

"We come close to doubling that on concert evenings just on wine sales."

But the Kelowna winery isn't the only one in B.C. to host musical talent and benefit from the resulting spike in wine and dinner sales during the summer.

Mission Hill Family Estate Winery in west Kelowna boasts a 1,000-seat, dramatically sloped amphitheatre. Since the property is located in a valley, the sound quality is second to none, according to Kelowna-based arts critic Glenna Turnbull. For at least $90 a ticket, visitors can watch artists such as Grammy nominee and award-winning jazz artist Chris Botti perform against the backdrop of the vineyard.

"There's just something magical about being outside on an Okanagan evening and staring out into the lake and listening to good music and drinking good wine," said Turnbull.

THE CANADIAN PRESS

Take a picture

Tunes, interrupted

Kelowna-based arts critic Glenna Turnbull says that the musicians often get swept away by the Okanagan scenery at the Mission Hill Family Estate Winery in west Kelowna.

"The last couple of performers I've seen had pulled out their cameras in the middle of the set, said 'Excuse me,' and turned around and took a picture of what the audience sees — the view of the lake — because they just can't believe how gorgeous it is where they're performing," she said.

PLANTING NATIVE TREES:
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Back-to-school breakfast gets Blueberry-Banana Waffle boost

The best way to start the day is with a good nutritious breakfast, and you can't get much more fun in the morning than with waffles.

This recipe can easily be made in a big batch, days ahead and frozen. During busy Monday to Friday mornings, just pop frozen homemade waffles in the toaster for a grab-and-go breakfast for the kids. Children will probably only eat half a waffle.

Serve them with pure Canadian maple syrup, honey, jam or even yogurt.

If you don't have barley flour, you can substitute with the same amount of all-purpose or whole wheat flour.

Ingredients

- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 cup (125 ml) barley flour
- 1/4 cup (50 ml) wheat germ
- 2 tbsp (25 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) salt
- 1 cup (250 ml) buttermilk
- 2 eggs, beaten
- 1/4 cup (50 ml) butter, melted
- 2 ripe bananas, mashed
- 1 cup (250 ml) blueberries (if using frozen, blueberries should be thawed and drained)

1. In bowl, whisk all-purpose flour, barley flour, wheat germ, sugar, baking powder, baking soda and salt. In another bowl, whisk together buttermilk and eggs. Combine wet and dry mixtures; stirring to combine. Fold in butter.

2. Fold in bananas and blueberries until blended.

3. Fill your waffle iron with approx 1 cup (250 ml) of batter per waffle. Cook until golden and cooked through, about 5 minutes. Transfer waffles to baking sheet and keep warm in 200 F (100 C) oven until ready to serve.

Blueberry-Banana Waffles

This recipe makes four large waffles. EGG FARMERS OF ONTARIO

4. Keep waffles in one layer to keep crisp. Continue with step 3 until remaining batter is finished. If freezing, let waffles cool completely, double wrap in plastic wrap, label and freeze for up to 3 weeks.

EGG FARMERS OF ONTARIO

Drink of the Week

Caramelized Brown Sugar Banana Milkshake

- 1 tbsp butter
- 2 tbsp brown sugar
- 2 bananas, peeled and halved lengthwise
- 2 cups milk
- 1 cup vanilla ice cream
- 1/2 tsp cinnamon
- Pinch of salt

In skillet over medium heat, melt butter. Sprinkle in brown sugar and stir until bubbling. Add bananas, reduce heat to low and cook 3 mins., or until evenly browned. Use spatula to turn bananas and brown on other side for 3 mins. Remove skillet from heat and let cool 15 mins. Once cooled, use silicone spatula to scrape bananas and any liquid and caramelized bits in the skillet into a blender. Add milk, ice cream, cinnamon and salt. Purée until very smooth.

THE ASSOCIATED PRESS

Working environment

It's getting easier to be green. Get to know how going to work can better the world around you

ISHANI NATH
TalentEgg.ca

Some say you only have two options in life: go big or go home. But when it comes to the environment, the only option may be to go green so we can have a home for years to come.

Whether you believe in climate change or not, the fact is that we have treated Mother Earth worse than that ratty old teddy bear from your childhood.

We've neglected her, put her through the ringer, and destroyed her with chemicals and toxins to the point that she's in need of a solid repair job.

While climate change may be impacting the entire globe, each country is reacting to environmental shifts differently.

What exactly is a "green job"?

Green jobs in Canada are still in their awkward teenage years — they're still trying to figure out exactly who and what they are.

According to a report by the Organisation for Economic Co-operation and Development (OECD), countries such as Germany, Finland, Korea, Portugal and, most recently, the United States have officially defined what is considered a "green job" in their nations and thereby recognized their growing environmental sectors.

Canada, on the other hand, still has some growing up to do. What constitutes a "green job" in our home and native land is currently undefined, so the term tends to encompass the various industries and occupations that deal with the environment.

For lack of official national definitions, ECO Canada recently defined a number of green career terms in their Defining the Green Economy: Labour Market Research Study.

Here are some of the key terms from that study that every student and recent grad who is planning to start a green career should know:

Green economy

All activity operating with the primary intention of reducing conventional levels of resource consumption, harmful emissions, and minimizing all forms of environmental impact. The green economy includes the inputs, activities, outputs and outcomes as they relate to the production of green products and services.

Green organization

An organization (in any industry) that produces goods or services designed to minimize environmental impact.

Green job

A job that works directly with information, technologies, or materials that minimize environmental impact, and also requires specialized skills, knowledge, training, or experience related to these areas.

Green skills

The knowledge, training or experience as they relate to technologies or materials that minimize environmental impact.

ISHANI NATH IS A PROUD MCMASTER UNIVERSITY ALUMNAE, ASPIRING WRITER AND CURRENT JOURNALISM GRAD STUDENT AT RYERSON UNIVERSITY.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

A friendlier future

While the green industry may still be trying to figure out its identity, it is growing up quickly.

- According to the 2006 census, the current green workforce is made up of approximately 640,000 Canadians and equals four per cent of our country's total labour force.

Green employers have listed keeping up to date on green trends and issues, and specific environmental training or education as skills that will be in high demand over the next few years. ISTOCK

KHL looking to capitalize on possible NHL lockout

Hockey. League looking forward to 'great opportunity' to bring NHL talent to Russia

The Russians are ready.

With time ticking down until the NHL is expected to lock out its players, KHL teams and executives are bracing for a windfall. The Russian-based league will open its arms to NHL players who wake up Sept. 16 without a place to play because it believes it can capitalize while arenas go dark around North America.

"Mainly I think it's going to be a lot of additional marketing potential for the league and hockey itself as a game," KHL vice-president Ilya Kochevrin told The Canadian Press on Tuesday. "The stars bring additional attention ... to a lot of people who probably don't consider hockey the sport of choice.

Quoted

"I'm pretty sure that if there is a lockout, the KHL can be a definite choice for North American hockey fans."

KHL vice-president Ilya Kochevrin, who said there is "definitely great interest" in the KHL from North American broadcasters in the event of an NHL lockout

"I think as a marketing tool it's a great opportunity."

Most of the top Russians are expected to quickly make their way home if the NHL and NHL Players' Association are unable to reach a new collective bargaining agreement by Sept. 15. Evgeni Malkin, Alex Ovechkin, Pavel Datsyuk and Ilya Kovalchuk have already been linked to KHL teams.

It will be interesting to see how many top players from other countries join them in the event of a lockout.

Swedish players won't be permitted to play in their homeland after the country's hockey federation announced last month that all contracts must last for the entire year.

Ottawa Senators defenceman Erik Karlsson bemoaned that fact to reporters after a skate with teammates in Ottawa on Tuesday, saying it didn't leave Swedes with many options. "Maybe the Swedish League changes its mind once it gets closer," he added. THE CANADIAN PRESS

Top seed Azarenka out-duels defending champion Stosur

Victoria Azarenka returns a shot against Samantha Stosur during their women's quarter-finals match, Tuesday, in New York. Top-ranked Azarenka was pushed to the limit by the defending champion Stosur before winning in a third-set tiebreaker. ELSA/GETTY IMAGES

Paralympics. Canada's Mortimer wins 2nd gold

Summer Mortimer has her second gold medal of the London Paralympics, and once again she won in record style.

The Hamilton, Ont., native won the women's S10 backstroke in a world-record time of one minute 5.90 seconds.

Mortimer also won gold in the 50-metre freestyle event in world-record time last week.

"This feels absolutely amazing," said Mortimer, who also won a silver medal in the 200 individual medley earlier at the Games. "I haven't been that fast since I was able-bodied.

"To be able to beat my times from when I was 14 to 15 years old is amazing."

Summer Mortimer on the podium after winning the women's S10 100m backstroke on Tuesday. GETTY IMAGES

THE CANADIAN PRESS

Tennis

Raonic to lead Canada's Davis Cup team

Milos Raonic will lead Canada into its Davis Cup tie against South Africa later this month.

The Thornhill, Ont., native, who lost to Andy Murray in the fourth round at the U.S. Open on Monday, will be joined by veteran doubles player Daniel Nestor of Toronto, Frank Dancevic of Niagara Falls and Vancouver's Vasek Pospisil.

The best-of-five World Group playoff is set for Sept. 14-16 at Uniprix Stadium in Montreal. THE CANADIAN PRESS

NHL. Luongo prefers being traded to Florida

Roberto Luongo says it just "makes sense" for him to return to the Florida Panthers.

The Vancouver Canucks goaltender, who is awaiting a trade after losing his No. 1 job to Cory Schneider, skated near his off-season home on Tuesday and made it clear during an interview with the South Florida Sun Sentinel that his preference was to return to the Panthers.

"(Florida) makes sense for myself, for my career and my family," Luongo told the paper. "That being said, there's obvious other options as well. This is a preferred location for obvious reasons but I'm not shutting the door on other possibilities if it comes up."

Contract

The 33-year-old Luongo has 10 years remaining on his contract at a cap hit of $5.33 million US and holds a no-trade clause.

Luongo spent five seasons in Florida from 2001 to 2006, when he was dealt to Vancouver. He and his wife return to the area every summer with their young children.

THE CANADIAN PRESS

4 SPORTS

Mobile sports

Murderball remains a calling card for wheelchair rugby years after it was in theatres. The documentary featuring the Canadian and U.S. teams was a raw, unflinching look at the lives of wheelchair athletes in a sport as laden with testosterone as the able-bodied version. Scan the code for the story.

Giants, Cowboys set to rekindle rivalry

Giants quarterback Eli Manning gestures during a game against the Cowboys on Jan. 1 in East Rutherford, N.J. RICH SCHULTZ/GETTY IMAGES FILE

NFL. Champion Giants seek to silence critics while Cowboys want redemption and fresh outlook in 2012-2013

A good start is what is on the line this time when the New York Giants host the Dallas Cowboys in the NFL season opener.

The stakes were much greater the last time the NFC East foes faced off to close the last regular season. New York won to claim the division title en route to the Super Bowl title. Dallas was left out of the post-season.

On Wednesday night at MetLife Stadium in East Rutherford, N.J., the winner will take the early upper hand in the divisional race.

For the Super Bowl champion Giants, this will be a chance to silence the critics and detractors who have sounded off repeatedly after they beat the New England Patriots in February to claim their second title in five seasons.

The Giants heard it all: They were lucky to get into the playoffs with a 9-7 record. They really didn't beat the Packers or 49ers, they were just handed the games.

That is now over.

The goal for Tom Coughlin's players is to show they have constructed that bridge the 65-year-old coach urged them to build to link their late-season 6-0 run to the title to the 2012 campaign.

"The leadership we have on this football team, that's going to be the spine of the bridge, if you will," defensive captain Justin Tuck said. "I think we're in a good place as far as where we want to be coming into the game."

The Giants are confident, and they don't care what outsiders are saying about them.

"We've already showed people who we are," safety Antrel Rolle said. "We can care less about that." THE ASSOCIATED PRESS

Quoted

"That's what fuels you in the off-season and makes you ... want to remember those moments so you can improve from them."

Cowboys QB Tony Romo on last year's season-ending loss to the Giants

Cowboys' goals

- Jerry Jones' Cowboys face a much different task after an 8-8 campaign that ended with an embarrassing 31-14 loss to the Giants on New Year's Day.
- The outspoken owner knows the window for the aging Cowboys to return to the franchise's glory years are fading fast.

Three things to watch

Secondary issues

Both teams have questions in their secondary. The Cowboys' was amongst the worst last season, which led to an overhaul. The Giants are missing usual starter, Terrell Thomas (ACL) and his backup, Prince Amukamara, is out with a high-ankle sprain. Could be a high-scoring opener.

Nicked-up Nicks

Giants receiver Hakeem Nicks, who still has some soreness in his surgically-repaired foot, said he has "no doubt" he will be on the field. But how effective will he be? Nicks has had little to no work since breaking his foot on May 24.

Bennett's breakout?

Newest Giants' tight end — and former Cowboy — Martellus Bennett gets a chance to prove his old team wrong. Look for a big game from him. METRO

Miami

Dolphins opt to go young at backup QB

Quarterback David Garrard has been released by the Miami Dolphins, leaving Matt Moore as the veteran backup to rookie starter Ryan Tannehill.

Garrard signed in March and climbed atop the depth chart in training camp before he was sidelined by a left knee injury that required arthroscopic surgery Aug. 11. In his absence, Tannehill claimed the starting job for Sunday's opener at Houston. THE ASSOCIATED PRESS

Buffalo

Bills lose corner Brooks for chunk of season

Bills rookie cornerback Ron Brooks will miss at least eight weeks after being placed on a short-term injured reserve list, and the team also re-signed receiver Ruvell Martin on Tuesday.

Brooks, who had surgery to repair a broken foot last week, will be eligible to return this season after being placed on the NFL's newly created IR/designated for return list. THE ASSOCIATED PRESS

Minnesota

"We recognize if he's able to get in this first ballgame, it'll be with limited exposure."

Vikings coach Leslie Frazier, who said the Vikings would not make a decision on Adrian Peterson's status until game day. The star running back went down with a torn left ACL in the second-to-last game of the 2011 season.

'Playing early, but playing well'

Youth and inexperience have taken over the most important position in the NFL.

Ten starting quarterbacks this season have been in the league one year or less, with five teams letting rookies run the show. It's an unprecedented move in the NFL, where experience is a favoured trait for those who handle the ball most. No more.

"One of the most astounding statistics that I've seen in football in the last 25 years is the amount of young quarterbacks that are now playing early, but playing well," said Jon Gruden, a former coach and current television analyst.

Never have so many teams taken chances with so little experience at quarterback.

This year's group of up-and-comers includes rookies Robert Griffin III in Washington, Andrew Luck in Indianapolis, Ryan Tannehill in Miami, Brandon Weeden in Cleveland and Russell Wilson in Seattle. They join second-year starters Andy Dalton in Cincinnati, Blaine Gabbert in Jacksonville, Jake Locker in Tennessee, Cam Newton in Carolina and Christian Ponder in Minnesota. THE ASSOCIATED PRESS

By the numbers

1950

The starting 10 quarterbacks with one year or less in the NFL is the most since 1950, according to STATS LLC. That's the year that the league absorbed three teams from the All-America Football Conference, including the Cleveland Browns with Otto Graham.

Rookies, from left, Andrew Luck and Robert Griffin III, and sophomores Andy Dalton and Cam Newton have all been given the chance to lead their teams at quarterback. GETTY IMAGES

Returning from injury

Steelers planning for Manning to be outstanding

Steelers coach Mike Tomlin expects to see the same old Peyton Manning when Pittsburgh travels to Denver for the season opener on Sunday night.

Tomlin believes Manning will "be at his very best" while playing in a game for the first time since Indianapolis lost in the wild card round of the 2010 playoffs.

The 11-time Pro Bowler missed last season after undergoing neck surgery. He landed in Denver after being released by the Colts.

It's been nine months since the Broncos and Tim Tebow stunned the Steelers in overtime in the wild card round of the playoffs, but this is a rematch in name only. It's more of a coming-out party for Manning, who will wear something other than Colts' blue and white for the first time in the regular season. THE ASSOCIATED PRESS

Quoted

"He needs no endorsement from me. His resumé is his resumé."

Steelers coach Mike Tomlin on the return of Peyton Manning.

ALL PHOTOS BY JUSTIN PRITCHARD/FOR METRO

Weekend warriors take note

Racing roadster.
Mazda MX-5 ideal for track-day novices

JUSTIN PRITCHARD
drive@metronews.ca

Beneath the Mazda MX-5's tiny body and great big smile is a level of sports-car expertise that spans more than two decades. It might be free of excessive horsepower and intimidating looks, but Mazda's simplistic roadster is a hell of a thing to drive on a racetrack — for novices and experts alike.

Considering a fun commuter and vacation getaway machine that'll do double duty as a weekend racer? Here are a few reasons to put Mazda's cute little two-seater on your radar.

There's room for your stuff
MX-5's roof stores away into its own special little compartment — not into its trunk. That means you've got plenty of room for a bag, a pair of helmets, and a small cooler with track-day drinks and snacks.

It's easy on parts
Excessive weight generates excessive heat in a vehicle's braking system and excessive stress on the tires. Since the MX-5 is little and lightweight, drivers benefit from consistent braking performance with minimal wear, as well as extended tire life during sporty driving.

On many cars, a few hours of lapping can leave the tires looking rough. With the MX-5, the rubber shows negligible signs of use — even after countless hard laps.

The ESC isn't annoying
In some cars, the stability control is a pain in the butt. That's especially true when it's left engaged in a track setting by a novice driver hoping to safely explore a vehicle's limits. In the MX-5, the stability control is tuned perfectly — ignoring all but the most serious slides and letting drivers feel everything the car is up to.

Should the ESC kick in, it does so very briefly, and only if you get really out of shape.

Intervention typically takes the form of a split-second touch of selected brakes, rather than several seconds of frustrating throttle neutralization by the electronic fun police.

It's great on fuel
MX-5 gets great mileage en route to the track, while lapping, and while driving back home at the end of the day.

Expect highway cruising mileage at a good clip to land around 7.5l /100 km, and track-going mileage to land around 18. Translation? Most drivers will be able to tackle a day of racing on a single tank of fuel.

It's a convertible
Driving topless is great for a pile of reasons. Lapping the MX-5 sans-roof feeds your peripheral vision heaps of information that helps to place the car within its surroundings while relating it to the horizon. This is key for successful and confident reactions to slides and skids, should they occur.

And, since the MX-5 only comes in a drop-top, nobody can poke fun at your decision to drive the heavier and less-stiff version of a sports car with a fixed roof.

It grows with you
Novice lappers will feel like a race-car driver and love the forgiving, flattering nature of driving the MX-5 hard.

As skill levels increase, the MX-5 is right there with you, too.

It's a hoot for track-day beginners and veterans alike.

The MX-5's tires won't wear down easily on the track. So feel free to make those hard turns.

The base price for the Mazda MX-5 is $29,145. Helmets not included.

5 DRIVE

On the Web

Scan code for more car reviews and news

Designated texter the new auto-safety superhero

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

The designated driver concept works like a charm, so not surprising that the concept of the designated texter is gaining traction.

But I'm wondering about this: designated drivers have to be licensed and sober. Designated texters just have to be "not driving" and sitting in your car, a pretty low bar of qualifications.

What if they can't spell necessary words like imbecile and subpoena? What if they routinely mix up terms like self-deprecating and self-defecating?

What if they have good vocabulary, grammar, and punctuation, but have the emotional IQ of a walnut?

What if they're drunk and always had a thing for your main squeeze? Shouldn't there be some kind of screening process to make sure your personal correspondences won't be comprised?

In the long run, however, I guess those issues are minor when you consider what's at stake. According to the U.S. campaign called Stop the Texts. Stop the Wrecks, a texting driver is 23 times more likely to get into a crash than a non-texting driver.

The campaign was created by a team of several U.S. safety groups last year, and just recently created a series of public safety announcements featuring an actual scene from Glee, the popular TV series about singing high schoolers. In the spot, Dianna Agron's character, Quinn Fabray, crashes her car as a direct result of texting and driving.

You can see the spot at either Distraction.gov or StopTextsStopWrecks.org.

The latter is one of the first places to use the term "designated texter" and to promote its use, in their Tips section. Some tips are painfully obvious, like, "When you're in the car, put the phone where you can't get it," and "Turn the notifications off."

Another tip was extremely not obvious to me: "An app can help you stop texting." Apparently there is an app for that ...

But "Designate a texter" is the one with the most potential for humorous calamity, so that's the one I'm really getting behind.

Whatever your choice — or choices — doesn't matter, as long as you're with the program, and maybe even advocating about it a bit.

Teens are especially vulnerable, because they text the most, and are the most inexperienced drivers.

That generation also has the most fundamental and substantial umbilical cord to texting. To them it's like breathing.

John Voelcker of Green Car Reports recently noted a conversation he had with a GM engineering executive looking into distraction and driving.

The GM man told Voelcker that most of the young people who were being surveyed by the automaker on this issue were confused by the questions, and eventually had to set GM straight.

You don't understand, they said, it's not the device that is distracting me from driving, it's the driving that is distracting me from what I would rather be doing, which is using the device (for communicating).

Wow.

Texting and driving facts

- 5 seconds is the average time your eyes are off the road while texting.
- When travelling at 88 km/h, that's enough time to cover the length of a football field.
- A texting driver is 23 times more likely to get into a crash than a non texting driver.
- 34 per cent of teens who drive while distracted simply say they're used to multi-tasking.

STOPTEXTSSTOPWRECKS.ORG

Don't worry folks, this is a staged photo. Nobody was put in danger during the taking of this picture. ISTOCK

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$166 /bi-wkly — 2006 SABARU TRIBECA LTD #B5487A — $19,995 $15,444 SAVE $4551
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$176 /bi-wkly — 2011 HYUNDAI SANTA FE GL #5519 — $29,995 $26,777 SAVE $3218
$129 /bi-wkly — 2008 NISSAN ROGUE SL #2345A — $17,995 $14,888 SAVE $3107
$130 /bi-wkly — 2011 DODGE GRAND CARAVAN SXT #5525 — $21,995 $19,888 SAVE $2107
$210 /bi-wkly — 2008 HYUNDAI VERACRUZ GLS #5500 — $25,995 $23,888 SAVE $2107
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Horoscopes

♈ Aries
March 21 - April 20
Listen to your conscience and act on what it tells you. You know from past experience that if you ignore your inner voice you are likely to regret it. Why tempt fate when so many things are going right for you?

♉ Taurus
April 21 - May 21
The Sun in the most positive area of your chart means if there is something you want or someone you desire, now is the time to make your play. There can be no more excuses: get on with it!

♊ Gemini
May 22 - June 21
If there is something you can do for a friend or family member then do it and don't think of the cost. When you do a good deed, you make it more likely that good things will come back to you.

♋ Cancer
June 22 - July 23
Facts and figures must come first today, both in your personal life and at work. Other people's hard luck stories may move you to tears but how do you know they are telling the truth? Do your own checks.

♌ Leo
July 24 - Aug. 23
There are times when it all seems to come together and while you may not quite have reached such a time yet it cannot be far away. Look out for pointers over the next 24 hours — and follow them.

♍ Virgo
Aug. 24 - Sept. 23
Make the most of the Sun in your sign to start a new phase in your life, one that builds on the experiences of previous events and experiences. If there is something you truly desire, start working towards it now.

♎ Libra
Sept. 24 - Oct. 23
The Sun remains in the most sensitive area of your chart for the next three weeks or so, which means you need to be positive and you need to be kind to yourself. Don't worry. Everything will work out fine.

♏ Scorpio
Oct. 24 - Nov. 22
You might be tempted to say what you think other people want to hear but both you and they will regret it later on. Today's Mercury-Mars link urges you to be brutally honest. Don't skimp on the truth.

♐ Sagittarius
Nov. 23 - Dec. 21
Be nice to those who might be able to further your career interests in some way. Even if they are not really your kind of people, it won't hurt to get on their good side — in a dignified way, of course.

♑ Capricorn
Dec. 22 - Jan. 20
This is a good time to be on the move, especially if you are the kind of Capricorn who gets bored with the same old faces and places. If you can arrange a vacation at short notice then go for it now.

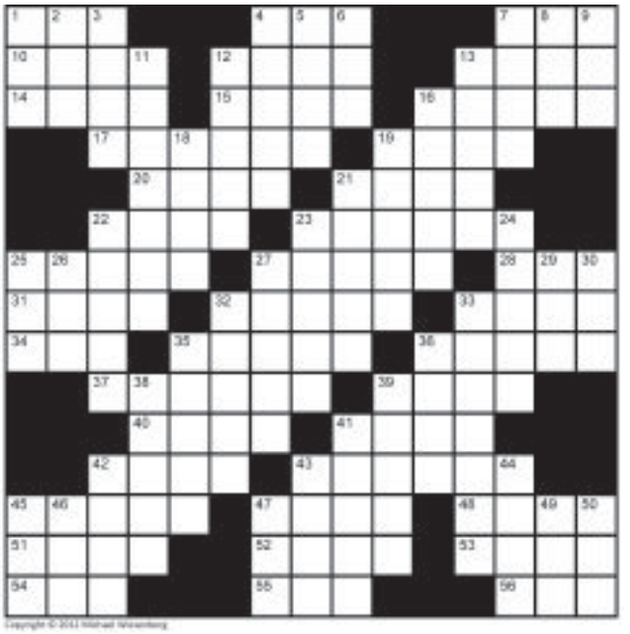
♒ Aquarius
Jan. 21 - Feb. 19
According to the planets, time is running out on a project that should have been finished by now. You can still get it done but you have got to put it at the top of your To Do list — and then do it.

♓ Pisces
Feb. 20 - March 20
You will find it easier to reach your goals if you team up with someone who shares your general outlook on life. You don't have to agree on everything — in fact your differences will bring balance to the relationship.

SALLY BROMPTON

Crossword: Stuff and Nonsense

BY MICHAEL WIESENBERG



Across
1. Winnipeg's ___ River
4. Male youngster
7. Lie
10. Dump water overboard
12. '60s sitcom star Dick Van ___
13. Call at home plate
14. Ontario tribe
15. Outfit recently renamed from Canadian Forces Air Command, for short
16. Armed robbery
17. Harper group
19. "I'm unable to do it"
20. Ontario-born *Scream* star Campbell
21. Is worthwhile
22. "___ the Last Dance for Me"
23. Ontario-born Howie of *Deal or No Deal*
25. Gasoline unit
27. Approach harvestability
28. *Porgy and Bess* lyricist Gershwin
31. Popular music player
32. Crapshooter's boxcars
33. Castle barrier
34. Also
35. Alberta NHLer
36. 1,000 kilograms
37. Margot ___: Yellowknife-born Lois Lane portrayer in four *Superman* movies
39. Hand-held holers
40. Auctioneer's final word
41. Bigoted attitude
42. Feeling down
43. Bay surrounded by Nunavut, Manitoba, Ontario, Québec
45. "___ words were never spoken"
47. TV, familiarly
48. ___ Scotia
51. Rowboat equipment
52. Slippery fish
53. Be apropos for
54. Debussy's "La ___" ("The Sea")
55. Watch
56. ___ Gamgee: unwilling visitor to Mordor

Down
1. Bank founded in 1864 in Halifax: initialism
2. Corn unit
3. Calorie watch
4. French high school
5. Aliases
6. ___ Leppard
7. ___ accompli: done deed
8. "No ___, ands, or buts!"
9. Wager
11. Montréal singer-poet Cohen most known for "Suzanne"
12. A: or C:, on a computer
13. Sixth ___: ESP
16. "The Creation" composer Franz Joseph
18. French dream
19. Christmas tree candy hangings
21. *Metro*, for one
22. Bale of hay or straw, in the Prairie Provinces
23. Boy-meets-girl event
24. CFL West Division team
25. Ignited
26. Big event for a dotcom: initialism
27. Angered
29. Became a candidate
30. Consumed
32. Move like a crab
33. ___ Canadian (beer)
35. Smell
36. "___ the night before Christmas ...'
38. Archipelago components
39. Assistants
41. BC-born pop singer Michael
42. Raymond ___: New Westminster, BC-born Perry Mason portrayer
43. Louie and Dewey's brother
44. Entre ___: between us
45. Stray cat
46. Edmonton-born actress ___ Dawn Chong, daughter of Tommy
47. Casual wear
49. __ Rail Canada
50. Cash cache

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

				9		8	2	7
		6						4
	8				4		3	
			5			2		
8	9		1		3		5	6
		7			9			
	5		9				4	
2						1		
7	3	1		8				

Yesterday's Sudoku

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